

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

NOVEMBER 11, 2005



Pfc. Edward C. deBree

A Marine from Marine Heavy Helicopter Squadron 363 carries his unit's guidon during Marine Air Group 24's motivational run, Friday, aboard Marine Corps Base Hawaii, Kaneohe Bay. Approximately 600 Marines and Sailors participated in the run to celebrate the Corps' 230th birthday.

## MAG-24 honors 230th with run

**Pfc. Edward C. deBree**

*Combat Correspondent*

The Marine Corps birth date, Nov. 10, 1775, is a very important day for Marines throughout the Corps. To celebrate, units schedule social events and activities as a way to celebrate the Marine Corps birthday. Some units have a luncheon, while some give their Marines a half-day off — others give their troops the entire day off. On Friday, aboard Marine Corps Base Hawaii, Kaneohe Bay, Marine Aircraft Group 24 celebrated with a 2.7-mile motivational run.

Approximately 600 Marines and Sailors gathered at the physical training field next to the legal offices at around 9 a.m. There, they stretched out to prepare for the run under the warm Hawaiian sun. After sufficient-

ly stretching out, each squadron was called to attention and warm up exercises began. MAG-24 began with flutter kicks, trunk twisters, side-straddle hops and Marine Corps push-ups.

At 9:15 a.m. the Marines and Sailors marched toward E Street where they began to run. Turning down 3rd Street, they ran the full length of the street and made their way to Mokapu Road, chanting cadence throughout the entire run.

During the motivational run, Marines took turns carrying the guidon and running around the entire MAG-24 formation with it. Other Marines from Marine Heavy Helicopter Squadron 363 took turns carrying their mascot, a lion carved out of wood. Completing

*See MOTO, C-7*



Pfc. Edward C. deBree

Marines of Marine Air Group 24 do push-ups for warm-up exercises before their motivational run, Friday, to celebrate the Marine Corps' 230th birthday.



Sgt. Joseph A. Lee

Outlaws' half back Carlos Porter uses a block to break free on the outside during their matchup with Dirty Third, Nov. 2. Porter had one receiving touchdown during the game.

## Outlaws beat Dirty Third in shootout

**Lance Cpl. Ryan Trevino**

*Combat Correspondent*

The Combat Service Support Group 3 Outlaws defeated the 3rd Marine Regiment, Headquarters Company Dirty Third, 37-16, in intramural football action Nov. 2 at Pop Warner Field.

"We played like Outlaws tonight, I'm really satisfied with the game," said Outlaws coach Wayne Murray. "We had some great practices this week."

The victory improved the Outlaws' record to 2-3 for the season and kept the Third winless at 0-3.

The game started off strong for the Dirty Third after a 35-yard field goal by their kicker, followed by a quarterback sack for a safety by defensive lineman Edward Niermann. Niermann had three sacks throughout the night.

The Outlaws, down 5-0 early in the first quarter, responded quickly with a safety of their own by a gang of defenders with five minutes left in the quarter, which brought the score to 5-2.

The safety was followed by an aerial attack against the Dirty Third's defensive backfield by Outlaws' quarterback, Antonio Lunsford. Lunsford connected early with a multitude of receivers for substantial gains. On first and goal

in the red zone, Lunsford dropped back and hit Carlos Porter in the end zone for the Outlaws' first touchdown with 1:48 left in the first. CSSG's extra point kick was blocked, and made the score 8-5, Outlaws.

Both teams started off the second quarter with failed series' and turnovers. With eight minutes left in the half, the Outlaws took control of the quarter with a steady drive of short passes and running plays. Lunsford connected with wide receiver Nick "Rajin Cajin" Chapman for a 20-yard touchdown, to boost the Outlaws' lead to 14-5.

"The offense is finally starting to click," said Chapman. "The QB is back from deployment and is doing his thing."

After a solid defensive stand, which shut down the Third's offense, the Outlaws' score again from a safety by Shawn "Big T" Thaller, allowing them to pull further away from the competition, 16-5. The Dirty Third Quarterback, Taurean Smith, tried to put some more points on the board for his team before the end of the first half by airing it out, but ended up throwing an interception to Outlaws' defensive back, Gerald "Sket Range" Goldstein.

*See FOOTBALL, C-8*

## CSSG-3 defeats 'Deuces Wild,' 17-13, in nail biter

**Lance Cpl. Ryan Trevino**

*Combat Correspondent*

Combat Service Support Group 3 defeated the 2-2 "Deuces Wild," a combination team of Patrol Squadron 2 and Patrol Squadron Special Projects Unit 2 players, in intramural softball action with a comeback victory, Nov. 8 at Annex field, strengthening CSSG's record to 10-2. The Deuces fall to 10-4 for the season.

The scoring started off early for the Deuces when shortstop Bill Nunning smacked a triple, which scored the Deuces first run in the top of the first. CSSG pitcher and team coach, Shawn Sauerbrie, struggled on the mound at the beginning of the game, walking two consecutive Deuces' batters. These walks, combined with a few more hits by the Deuces' line-up, resulted in a six-run top of the first for the Deuces.

CSSG player Torn Trayner answered the Deuces' call for an all-out offensive war with a triple off Deuces pitcher Jerry Stanton, scoring one run. Nathan Duenas popped out with a runner on third to end the inning, Deuces up 6-3.

The Deuces led-off the top of the second with back-to-back singles by Brantley Altman and Berto Moreno, who both crossed the plate later in the inning, which increased the Deuces' lead, 8-3.

Some solid hits, like the triple by Josiah Mika, kept the game alive for CSSG by closing the gap, 8-7. CSSG also put up a defensive stand in the top of third after a double play catch and throw to first by second basemen Jose Cruz for the force out. This shut down the Deuces' scoring hopes and retired the side.

Duenas started off the third inning rally for CSSG with a lead-off single. Trayner then stepped up to the plate, with his team down 8-7, and blasted a two-run shot deep to right field, which pushed his team into the lead, 10-8.

However, the Deuces did not go down easy. A deep fly double by Berto Moreno advanced Nunning into scoring position at second base. Killalea ripped a liner up the middle, which scored Nunning and closed the lead to only one run. CSSG turned a double play to retire the side and end the rally.

Action continued in the top of the fifth, when Deuces' pitcher Jerry Stanton slapped a shot down the third base line, which scored a run and tied the game at ten-a-piece. Andy Bates continued the rally with a line drive to score another run, taking the lead. Nunning scored Stanton on a liner to center field, and a sacrifice fly to score a run ended the inning, with the score 13-10, Deuces. The Deuces' defense shutdown CSSG's scoring efforts in the bottom of the fifth.

An errand throw to first in the top of the sixth allowed two runs to score for 2-2. With the score at 15-10,

*See SOFTBALL, C-7*



Lance Cpl. Ryan Trevino

Nathan Duenas, CSSG-3, slaps a shot during a sixth inning rally. CSSG came back to defeat the Deuces, 17-15, in Tuesday night's intramural softball game at Annex Field.



BASE SPORTS

Nov. 19

**8th Annual Turkey Trot** — The 8th Annual 3rd Radio Battalion Turkey Trot four-mile foot race, coming to Kaneohe Bay, Nov. 19.

The event is a combined four-mile race followed by a one-mile Family Fun Run aboard Marine Corps Base Hawaii, Kaneohe Bay, that will give participants a chance to prepare for that feast that is right around the corner.

The race begins at 7:30 a.m. at Pop Warner Field and the trail will take racers through on- and off-road portions of the base.

The entry fee is \$15 for the Turkey Trot, and the event is open to the public, so invite friends to race scenic K-Bay. The Family Fun Run is free for adults and children.

Individual active duty runners will earn points toward the Commanding General's Semper Fit Series for their unit.

Register at the Semper Fit Center, Building 3037, or stop by the Semper Fit Administrative Office in Building 219. Packet pickup will be held from Wednesday through Friday at the Semper Fit Center. Register on race day, if not before.

For additional information, call MCCS Athletics at 254-7590.

Nov. 23

**Intramural Turkey Shoot Golf Tournament** — Shoot for the Kaneohe Klipper Golf Course, Nov. 23, for the Intramural Turkey Shoot Golf Tournament. Register now at the Semper Fit Center or on the course by 10:30 a.m. on the day of the event as flights begin at 11 a.m.

The event is open to all active duty and authorized DoD civilians. The fees are \$11 for E-1 through E-5 and \$17 for E-6 through E-9 and officers.

For civilians, the price of \$24 does not include a golf cart rental. Active duty personnel will earn Commander's Cup points. For more information, call 254-7591.

Dec. 11

**Military Pricing for Honolulu Marathon** — All active duty service members who are interested in participating in the Honolulu Marathon, Dec. 11, take note: If you enter by Dec. 10, entry fee is \$15. Entry forms are available from at the Kaneohe Bay Semper Fit Center or at the MCCS Athletics Office, Building 219.

Need transportation? Not a problem. MCCS will provide free bus transportation the day of the event, leaving the Semper Fit Center at 3:45 a.m. and returning to Kaneohe Bay at 3 p.m. There will be a joint-service hospitality tent, with MCCS on site at the event to give away fruit, water, soda and Gatorade.

For more information, call Stacy Barkdull at 254-7590.



Participants of the 2004 3rd Radio Battalion Turkey Trot take off from the starting line, Nov. 20, 2004. This year's event takes place Nov. 19.

Ongoing

**Semper Fit Seeks Applications for All-Marine Cross Country Team** — Semper Fit is currently seeking a team comprised of 10 men and five women for participation in the All-Marine Cross Country Championships at Marine Corps Air Station Miramar, Dec. 8 to 12.

Send or bring your application to the Semper Fit Athletic office. Applications are available online at [www.usmc-mccs.org/sports](http://www.usmc-mccs.org/sports) or the local Semper Fit office.

For further information, contact Stacy Barkdull at 254-7590.

**Youth Basketball Now Registering for 2006 League** — Register children 6 through 17 for MCCS' Youth Basketball, coming in February 2006. Since practice begins in January 2006, YA is now accepting registrations.

The cost is \$50 for YA members and \$60 for nonmembers. The league is open to all authorized patrons, including active duty and DoD civilian family members (a photocopy of a military identification card is required at registration).

Volunteer coaches are needed for this league, so if your child is participating, join in on the fun. Or, if you've been looking for that perfect volunteer opportunity, here's your chance.

To register, or for more information, call 254-7611.

**Semper Fit Seeks Applications for Armed Forces Bowling** — The Armed Forces Bowling Championships will be held Jan. 6 through 14 in Reno, Nev., so get your game face on and get ready to hit the lanes.

Marines interested can submit applications to the Semper Fit office located in Building 219 by Dec. 15. Applications must contain written proof of your current bowling aver-

age, which, for men, must be at least 215 and at least 160 for women.

Applications are available online at [www.usmc-mccs.org/sports](http://www.usmc-mccs.org/sports) or at the Semper Fit office. Think you can cut it?

For more information, call Stacy Barkdull, MCCS Athletic Sports coordinator, at 254-7590.

**Semper Fit Seeks Applications for All-Marine Boxing Trials** — All-Marine Boxing trials will be held at Camp Lejeune, Jacksonville, N.C., Jan. 7 to Feb. 5, 2006. The Armed Forces Boxing Championship will be held Feb. 6 to 11 at Naval Base Ventura, Calif.

Marines who are interested in competing need to submit an application no later than Dec. 10 at their local Semper Fit office. Applications are available online at [www.usmc-mccs.org/sports](http://www.usmc-mccs.org/sports) and must include information on past boxing experi-

ence, numbers of bouts, and the results from the past two years.

For more information, call Stacy Barkdull at 254-7590.

**Semper Fit Seeks Applications for All-Marine Wrestling Trials** — The All-Marine Wrestling trials will be held Feb. 1 through March 16, 2006, at Marine Corps Base, Quantico, Va. The championship will be held March 16 through March 19, 2006 at Camp Lejeune, Jacksonville, N.C.

Marines interested in competing must submit applications by Jan. 13. Applications must contain information on past wrestling experience, weight class, numbers of matches, and results from the past two years of competition.

Applications are available online at [www.usmc-mccs.org/sports](http://www.usmc-mccs.org/sports) or at the local Semper Fit office. Marines must send their applications through the Semper Fit Athletics office.

For more information, call Stacy Barkdull at 254-7590.

**Football Hits K-Bay** — Intramural Tackle Football Season is

| Intramural Football Standings      |     |
|------------------------------------|-----|
| HQBN                               | 6-0 |
| MAG-24                             | 3-3 |
| Camp Smith                         | 3-3 |
| CSSG-3                             | 2-3 |
| 1/12                               | 2-3 |
| 3rd Marines, Headquarters          | 0-4 |
| Standings are current as of Monday |     |

underway. Games kick off at 6 p.m.

Monday, watch Headquarters Battalion take on Headquarters Company, 3rd Marine Regiment at Pop Warner Field.

If you're not playing, make a pass by the field and support your team. Game-day concessions are always available.

For details, call 254-7591.

**Semper Fit Center Offers it All** — The Semper Fit Center has an aerobics class for anyone and everyone trying to meet that New Year's resolution.

Check out as many of the following programs as you would like; yoga, cycling, tai chi, cardio-kick, gut cut, step-challenge, water aerobics, pilates, marathon training and much, much more.

For class information, call the Semper Fit Center at 254-7597.

| Intramural Softball Standings      |      |
|------------------------------------|------|
| MAG-24                             | 13-5 |
| CSSG-3                             | 9-2  |
| HQBN                               | 8-2  |
| VP-9                               | 9-2  |
| 2-2                                | 10-3 |
| CSSG-3 Maint.                      | 8-5  |
| VP-4                               | 8-6  |
| HSL-37                             | 6-7  |
| 1/12                               | 2-9  |
| 3rd Marines                        | 2-8  |
| Barnyard Dog                       | 0-13 |
| Standings are current as of Monday |      |

WEEK 9 NFL PICKS WINNER

Sgt. Marty Mooney

G-3, Headquarters Battalion

Luck! That is all it was. I just happened to pick the right teams during the right week. I have been following most of the teams and players due to fantasy football leagues, so I guess that could have helped. Monday night total score: **35**

“My picks for week ten are ...”

|                                 |                               |
|---------------------------------|-------------------------------|
| <b>Arizona</b> @ Detroit        | <b>Denver</b> @ Oakland       |
| Baltimore @ <b>Jacksonville</b> | N.Y. Jets @ <b>Carolina</b>   |
| Houston @ <b>Indianapolis</b>   | Green Bay @ <b>Atlanta</b>    |
| <b>Kansas City</b> @ Buffalo    | St. Louis @ <b>Seattle</b>    |
| Minnesota @ <b>N.Y. Giants</b>  | Washington @ <b>Tampa Bay</b> |
| <b>New England</b> @ Miami      | Cleveland @ <b>Pittsburgh</b> |
| San Francisco @ <b>Chicago</b>  | <b>Dallas</b> @ Philadelphia  |

COMMUNITY SPORTS

**HTMC Plans Sunday Hike**

Join the Hawaiian Trail and Mountain Club on a six-mile intermediate hike in Kuliouou, Sunday at 8 a.m.

The trail is wonderful loop encircling Kuliouou Valley. Some portions are steep, some are narrow, and some balance along the spine of the Koolau summit. The views are spectacular, including a bird's eye view of the HTMC clubhouse. The recurring question is ... will it be clockwise or counterclockwise this year? Extra caution is required in some spots.

Contact coordinator Mike Algiers at 422-1048 for details.

A \$2 donation is requested for each non-member age 18 or older. A responsible adult must accompany children younger than 18. Bring lunch and water on all hikes and wear sturdy shoes and appropriate clothing. Firearms, pets and radios, or other audio devices, are prohibited on hikes.

For more information, check out the HTMC Web site at [www.geocities.com/Yosemite/Trails/3660](http://www.geocities.com/Yosemite/Trails/3660)

**UH Warriors to Hold Military Appreciation Night**

The University of Hawaii will extend a buy-one, get-one-free discount to all armed services members with a valid ID card, including family members, for the UH Military Appreciation night game, Saturday, against Utah State.

This offer is available at the Stan Sheriff Center and Aloha Stadium Box offices only and applies only to presale purchases in certain seating sections.

Only one discount purchase per ID card will be allowed.

Service members will be honored during a special pregame presentation.

**Mountainmanfest Races at Kualoa Ranch**

Mountainmanfest is celebrating 11 years of race fun with a weekend of activities, Nov. 19 and 20. No one can get enough of the rugged and breathtaking course at beautiful Kualoa Ranch, so join Boca Hawaii for its last race of the year.

Choose between the 8K Trail Run, the 20K Mountain Bike Race, the sprint-distance Mountain Bike Triathlon — or do all three. Bring the family, and let the children have a turn at participating in the Keiki Fun Run Trail Run. Lots of prizes to be given away at the post-race party on Sunday evening at Gordon Biersch Restaurant.

Registration costs are \$22 for the run, \$25 for the bike race, \$70 for the individual triathlete and \$90 for teams. The Keiki Fun Run has a \$10 fee. Athletes should register by Monday to avoid a \$5 late fee.

For more information, visit [www.boca-hawaii.com](http://www.boca-hawaii.com) or to register, go to [www.active.com](http://www.active.com).

**State Offers Outdoor Education**

The Hawaii Department of Land and Natural Resources is offering education classes to the public. Subjects covered include firearms and archery safety; survival and first aid; wildlife identification; and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification. Classes, open to anyone 10 and older who enjoy the outdoors. The sessions are ideal for hunters, campers, hikers, and other outdoor enthusiasts.

The next two-day session is Friday from 5:45 to 10 p.m. and Nov. 19 from 7:45 a.m. to 4 p.m. in Classroom A-212A at the Nimitz Business Center, 1130 North Nimitz Highway Drive up the ramp to the classroom, which is the first room on the right. A picture ID is required for entry to the sessions.

For more information about outdoor education, or to sign up for this course, call 587-0200 or visit [www.hawaii.gov/dlnr/welcome.html](http://www.hawaii.gov/dlnr/welcome.html).

**Sprint Triathlon to Hit Kalaeloa**

Athletes will start off the 2005 Kalaeloa Sprint Triathlon at 7 a.m., Dec. 3, at Nimitz Beach, at the old Barber's Point Naval Station.

The swim consists of a 400-meter triangle course. Athletes will then grab their bikes for a two-loop, 13.1-mile course. The out and back run is the last event and is five kilometers long.

Individual divisions include elite and all standard five year age men and women. Relay divisions include men, women and mixed.

Registration fees are \$70 for individuals and \$105 for three-person teams. Participants should register by Nov. 25 to avoid an extra charge.

An awards ceremony and barbecue will follow the race at the Nimitz Park.

Those wanting to register can download an entry form at [www.deaxlesports.com/Kalaeloa05.htm](http://www.deaxlesports.com/Kalaeloa05.htm) or sign up online at [www.active.com](http://www.active.com).

**Bellows Offers Adventure Programs**

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs on their Web site: [www.bellowsafs.com](http://www.bellowsafs.com).

For information, call the Turtle Cove office at 259-4112 from 8 a.m. to 8 p.m.

•**Saturdays at 8 a.m., Morning Paddle:** Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.

•**Sundays at 8:30 a.m., History Tours by Bike:** Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows Air Force Station. Wear closed-toe shoes. Cost is \$15 for bike and helmet rental.

•**Mondays at 8:30 a.m., Hike to Makapuu:** Take a moderate 2 1/2-mile round-trip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater,

Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and younger.

•**Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•**Thursdays at 9 a.m., Beach 101:** See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai:** Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes.

•**Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5 fee.

**Miniature Golf:** One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

**Driving Range:** Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent.

For more information, log on to [www.bellowsafs.com](http://www.bellowsafs.com).

**Hawaii Marine Accepts Briefs**

To post sports and recreational briefs in the Hawaii Marine, e-mail requests to [editor@hawaiimarine.com](mailto:editor@hawaiimarine.com) or call 257-8835.







# The Bottom Line

(Editor’s Note: “The Bottom Line” is the Hawaii Marine’s weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The Hawaii Marine welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

## Should the BCS stay or go?

**Kristin Herrick**  
*The Cheese*

Many things in life are complicated and difficult to understand. Assembling an entertainment center with directions only in Japanese, tax forms, astrophysics and men are all good examples. But nothing is more perplexing than the method used to determine ranking in the Bowl Championship Series.

To derive a team’s poll percentages in the Harris Interactive and USA Today polls, each team’s point total is divided by a maximum of 2825 possible points in the Harris Interactive Poll and 1550 possible points in the USA Today Poll. Teams are assigned an inverse point total (25 for #1, 24 for #2, etc.) for each of their respective computer-poll rankings to determine the overall computer component. The highest and lowest ranking for each team is dropped, and the sum total of the remaining four rankings is divided by 100 (the maximum possible points). This figure produces a computer rankings percentage. The six computer ranking providers are Anderson & Hester, Richard Billingsley, Colley Matrix, Kenneth Massey, Jeff Sagarin and Peter Wolfe. Each computer ranking accounts for schedule strength within its formula. The BCS average is calculated by averaging the percent totals of the Harris Interactive and USA Today polls, and Computer rankings. The highest BCS average receives the #1 ranking, the second highest receives #2, and so forth.

And this “explanation” doesn’t even get into how these points are racked up in the first place and what makes Harris Interactive and USA Today qualified to make such life and death determinations. I’ll admit that the bowl games are exciting, with all the hype it’s almost like every game is the most important of them all. And with cute pet bunny-like names like Sugar, Cotton and Rose, how can one resist? I suggest college football keep the bowl games, but get rid of the rocket science behind how the teams are chosen. At the end of the season, the best teams should face off, playoff style, but make every level have a fancy bowl name. I would also suggest the names get studlier as the teams advance. For instance, the first round games could be named something like robin, butter knife and squirrel. The semifinals could be called the Wolf Bowl or 50-Pound Dumbbell Bowl. College football needs to get back to basics; enough is enough with the BCS and its fancy calculations. You win, you advance, nothing gets much more simple than that — except for maybe instant pudding.

**Bottom Line:** Rather than have teams nervously await to see if the computer will chose them, much like waiting to be chosen first for the team in gym class, they should beef it out on the field. Getting left out of the national championship after an undefeated regular season would be worse than getting that TV stand nearly put together and realizing you’re one nut short. At least if a team doesn’t make it to the big game, they’ll know it wasn’t the fault of some giant machine with a bunch of blinking lights.

**Sgt. Joseph A. Lee**  
*The Sergeant*

*Blow it up. Get the new James Bond to configure the C-4. Hire the Navy SEALs to attach the detonator. I don't care if you have to swipe Count Dooku's lightsaber to do the deed, but it's time for the Bowl Championship Series to dictate its last will and testament.*  
— **Gene Wojciechowski,**  
**ESPN Columnist**

There seems to be one thing all college sports writers and college football teams can agree on, and that is that college football needs a solid playoff system. The Sergeant doesn’t see how any undefeated team shouldn’t be given a shot at the national championship. With all the polls, algorithms and bowls going into determining the top-ranked team, it’s no wonder the BCS gets more facelifts than Joan Rivers. As it stands, teams from the most prominent college football conferences have a much higher chance of pulling the top spot, due to bias and the popularity contest that is inherent in the current BCS system. Has it been a total failure? The Sergeant wouldn’t go that far. The system is definitely getting better, but as much as I may side with the sports writers of America, until computer algorithms and popularity polls are taken out of the picture, the system will always have flaws. Of course, no team’s schedule can be equally weighted, and there’s surely no

way to get the conferences to “group up” into some larger divisions to ease the playoff structure, but something has to be done to place the true number-one team against the true number-two team, with a playoff system that eliminates subjectivity. Of course, the season is long enough as it is already, but what about just having the teams play within their own conference throughout the regular season and then face the other conference champions in the playoffs? Yeah, you might get some scrub team from some scrub conference defeating America’s favorite, USC, but isn’t that what competition is all about? Letting the underdog rise up to the top? The current system, seems to keep the strong conferences strong, by giving extra kudos for a better record for teams with a tougher schedule, but if the team from a powerful conference is truly that good, then they shouldn’t have a problem steamrolling over the weaker conference champions in the playoffs.

**Bottom Line:** The top teams from each conference just need to enter into a simple playoff structure at the end of the season. If there are multiple teams within the same conference with undefeated records, face them against one another to get a winner, and let the underdog have their chance, should that be the case. If all the conferences were given an equal chance at the national championship, maybe the “weaker” conferences wouldn’t be so weak after they get a big upset and capture the national title.

Cheese (2–7)

Arizona @ **Detroit**  
**Baltimore** @ Jacksonville  
Houston @ **Indianapolis**  
**Kansas City** @ Buffalo  
Minnesota @ **N.Y. Giants**  
**New England** @ Miami  
San Francisco @ **Chicago**  
**Denver** @ Oakland  
N.Y. Jets @ **Carolina**  
**Green Bay** @ Atlanta  
**St. Louis** @ Seattle  
**Washington** @ Tampa Bay  
Cleveland @ **Pittsburgh**  
**Dallas** @ Philadelphia

I can’t believe the uniform thing didn’t work. This week I’m going off pure gut instinct. Philly is going down without T.O., and Minnesota won’t be able to hang on for two in a row. Monday night total score: **37**

Week Ten Picks

To play, clearly circle the teams you think are going to win. Drop your picks off under the door of Room 19 in Building 216 or email your picks to kristin@hawaiimarine.com by Saturday night. The person who has the most correct picks will get to boast in the Hawaii Marine and fill us all in on their following week’s predictions. The closest to the total score for Monday Night’s game, without going over, will determine the winner in the event of a tie.

Arizona @ Detroit  
Baltimore @ Jacksonville  
Houston @ Indianapolis  
Kansas City @ Buffalo  
Minnesota @ N.Y. Giants  
New England @ Miami  
San Francisco @ Chicago

Denver @ Oakland  
N.Y. Jets @ Carolina  
Green Bay @ Atlanta  
St. Louis @ Seattle  
Washington @ Tampa Bay  
Cleveland @ Pittsburgh  
Dallas @ Philadelphia

Monday Night Tiebreaker (Dallas @ Philadelphia): \_\_\_\_\_ points.

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

Sarge (7–2)

Arizona @ Detroit  
Baltimore @ **Jacksonville**  
Houston @ **Indianapolis**  
**Kansas City** @ Buffalo  
Minnesota @ **N.Y. Giants**  
**New England** @ Miami  
**San Francisco** @ Chicago  
Denver @ **Oakland**  
N.Y. Jets @ **Carolina**  
**Green Bay** @ Atlanta  
St. Louis @ **Seattle**  
**Washington** @ Tampa Bay  
Cleveland @ **Pittsburgh**  
**Dallas** @ Philadelphia

Again, The Sergeant must pick some teams he hates, but there’s just no way Green Bay can keep up their horrible season, and without T.O., and an injured Donovan McNabb, The Sergeant is afraid to say that Dallas will come out with the win in Philadelphia. Monday night total score: **38**

To read current and past issues of the Hawaii Marine, visit [www.mcbh.usmc.mil](http://www.mcbh.usmc.mil) on the Web.



# Red Lions’ youth stay undefeated

**Sgt. Joseph A. Lee**  
*Combat Correspondent*

Quarterback Ron Ron Malbon and the Red Lions’ Flag Football team retained their undefeated record after smoking the Hickam Warriors, 27–0, Saturday at the C Street field, just weeks away from possibly clinching the season title.

“We’ve had a great season so far,” said Red Lions head coach, Ron Malbon after the game. “We have just a couple more games this season and everything has been going great. They practice how they play, and that’s all we can ask.”

The game started off strong for the Red Lions who were able to push a drive downfield by using a combination of quarterback keepers and hand offs. The running game of Melbon and his running backs, Justis Glassford and Nicolas Mendoza, all but rendered the Warriors’ defense helpless as the Lions pounded their way down the field. On the one-yard line, the Warriors held the Red Lions through three downs, but on the fourth, Malbon took it in for the score. The point after touchdown was good on a run-in, giving the Red Lions a 7–0 lead going into the second quarter.

On the Warriors first possession, a fourth-down screen pass to Antonio Douglas kept the drive alive for a second set of downs, but that would be all the Warriors could put together, and were forced to punt.

Lucas Beal, Red Lions center, received the punt and made a move to the outside to break free. After some good blocks out front, Beal was able to take the punt return all the way back for the Lions second touchdown — pausing briefly on the five-yard line to make sure he had his flags still. This time the PAT was no good, and the Red Lions’ lead increased to 13–0 after the touchdown.

The Warriors got the ball once more before the half, but couldn’t make anything happen, and the team went to the sidelines empty-handed.

“You guys gotta get some blocking in,” said Warriors head coach, Mike Evans, to his players at the half. “You’re doing great, let’s just go out there had have some fun during that second half!”

Coming off the sidelines for the second half, a re-inspired Warriors team had a new quarterback at the helm who brought some passing game with him. After a couple unsuccessful pitches, quarterback Tristan Williams launched a pass to Todd Olson, who caught it for a 35-yard gain and a first down. A penalty on the side of the Red Lions gave up a second crucial first down, and the Warriors were threatening to score.

In the red zone, though, the Warriors couldn’t make it happen, and the Red Lions’ defense broke through the line time and time again to stop the play in the backfield. The Warriors went for it on fourth down, but only to turn the ball over on the Red Lions own five-yard line.

Again, numbers 7, 8 and 9, Malbon, Glassford and Mendoza, ran the ball down the field unimpeded by the

See *YOUTH*, C-6




Sgt. Joseph A. Lee  
**Ron Ron Malbon, quarterback of the Red Lions, sprints on a bootleg to get around Warriors defenders, who dive for his flags, Saturday during a youth flag football game at the C Street field. The Red Lions are currently the only undefeated team in the Mighty Mights division.**

Did You  
KNOW

Girls and Boys Town...

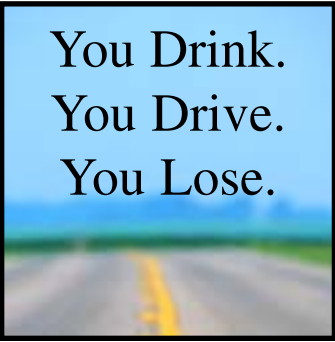
- Provides treatment and care to more than 43,000 abused, abandoned and neglected girls and boys across the country each year.
- Provides assistance to nearly one million children each year by training parents, teachers and child-care professionals how to meet the needs of children in the 21st century.
- Has 19 sites located in 15 states and the District of Columbia.
- Assists more than 500,000 callers annually through the Girls and Boys Town National Hotline (800-448-3000).
- Cares for children regardless of race, color, creed, gender, national origin, or ability to pay. On average, girls make up about 50 percent of the youth cared for each year.
- For more information, call 1-800-217-3700, write to P.O. Box 8000, Boys Town, NE 68010 or visit [www.girlsandboystown.org](http://www.girlsandboystown.org)



Girls  
and  
Boys  
Town

HELP • HEALING • HOPE

A CFC participant –  
provided as a public service



# Naval Health Clinics offer flu shots, advice

## Preventive Medicine Department

Naval Health Clinic Hawaii

Naval Health Clinic Hawaii is now administering the flu vaccine for all active duty personnel and beneficiaries with a valid military identification card.

### Who should get the flu vaccine?

- Deployed or deploying active duty personnel, DoD civilians and contractors in direct operation support.
- People who are 65 years old or older — even if you’re in great health!
- Children 6 to 23 months old — children younger than 2 have one of the highest rates of hospitalization from influenza.
- Adults and children with a chronic health condition — such as heart disease, diabetes, kidney disease, asthma, cancer or HIV/AIDS.
- Women who will be pregnant during flu season — flu season is typically November through March.
- Residents of nursing homes and long-term care facilities.
- Children 6 months to 18 years who are on chronic aspirin therapy.
- Healthcare workers involved in direct patient care.

Active duty personnel will be administered the influenza vaccine by command/unit. Chief Petty Officer Torres will be coordinating command/unit vaccinations. He may be reached at 471-2212.

Family members and other eligible beneficiaries can receive their flu shots at either the Immunization Clinics at Branch Health Clinic, Makalapa or Kaneohe Bay. Patients do not have to make an appointment or go through their PMC to receive the flu shot.

Makalapa BHC Immunization Clinic hours will be Mondays through Thursdays from 7:30 to 11:30 a.m. and 1 to 4 p.m. and Fridays from 7:30 to 11:30 a.m. Make sure to bring your medical record.

For additional information, contact the immunization clinic at 473-1880, ext. 323.

Kaneohe Bay BHC Immunization Clinic hours will be Mondays through Thursdays from 7:30 to 11:15 a.m. and 1 to 3:30 p.m. and Fridays from 7:30 to 11:15 a.m. Make sure to bring your medical record.

For additional information, contact the immunization clinic at 257-3365, ext. 120.

Vaccination is not the only way to help prevent the flu. Other ways include:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when

- coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Other good habits, such as getting plenty of sleep, engaging in physical activity, managing stress, drinking water, eating good food, will help you stay health in the winter and all year.

If you contract the flu, there are medications available to help. Your provider will be happy to discuss this with you if necessary.

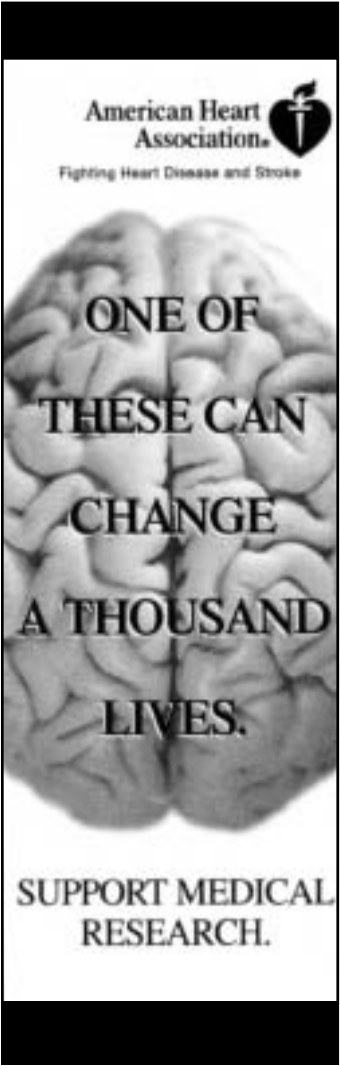
## Hawaii MARINE MVP

#11 – Nick “Rajin Cajin” Chapman

**Position:** Wide Receiver  
**Unit / Team:** CSSG-3 Outlaws  
**Jersey Number:** #11  
**Game Statistics:** 4 receptions for 130 yards, 2 touchdowns  
**Branch of Service:** U.S. Marine Corps  
**Hometown:** LaFayette,La.  
**Accomplishments:** All-State and All-District in high school, played for the Louisiana Rangers arena football team  
**Quote:** “The offense is finally starting to click.”



Sgt. Joseph A. Lee







Sgt. Joseph A. Lee

Assistant Coach Craig Beal talks with the Red Lions during a time out, Saturday at the C-Street field. Sponsored by the Marine Heavy Helicopter Squadron 363, the Red Lions wear the unit patch on their right shoulders.



Sgt. Joseph A. Lee

Nicolas Mendoza of the Red Lions snatches the flag from Tristan Williams during Lion's 27-0 win over Hickam, Saturday.

**YOUTH, From C-4**

Warriors defense to score again. The PAT was good for two points, making the score 21-0 going into the fourth quarter. After the kick, the Red Lions defense showed no mercy, as their relentless pursuit for the ball allowed them to break through the line on many occasions, forcing the fourth down and another punt. This one would travel straight up and straight down, giving the Red Lions good field position once again.

A quick drive to the five-yard line allowed the Red Lions to cross the goal line one last time before the game clock ran out — this time on a run by Ben Stratton up the gut. The try for the extra point was no good, and the final score was 27-0, Red Lions.

“There are a lot of things going right,” said Malbon, “but it could just be this coaching team.”

According to Malbon, he and assistant coach Craig Beal also teamed up to coach soccer and were also undefeated in that season.

“It could be our coaching, but it’s more likely that it’s the players,” said Malbon. “Most of the kids on the football team were also on the soccer team, and they are just really good athletes. We’ve had a great season and, most importantly, the kids are having a great time.”



Sgt. Joseph A. Lee

Ron Ron Malbon, quarterback of the Red Lions, shouts the snap count at the top of his lungs, Saturday at the C Street field.

MAKE-A-WISH

hope strength joy

Share the Power of a Wish®

Visit us at [wish.org](http://wish.org)  
or call (800) 722-WISH

Provided as a public service.

GuideDog Foundation  
For The Blind, Inc.®

Since 1946, the Guide Dog Foundation for the Blind has been providing guide dogs free of charge to blind people seeking increased mobility, independence and the companionship a guide dog provides.

**Sit. Stay. See.**

371 E. Jericho Turnpike  
Smithtown, NY 11787  
1-800-548-4337  
[www.guidedog.org](http://www.guidedog.org)

A CFC participant  
Provided as a public service

# Great American Smokeout to snuff habit for a day

**Deborah Holden, RN**  
*Naval Health Clinic Hawaii*

Visit the Health Promotion’s Great American Smokeout booths at Pearl Harbor Commissary and Kaneohe Marine Corps Base Commissary from 11:30 a.m. to 2:30 p.m. on Thursday and participate in the annual American Cancer Society’s Great American Smokeout. Stop by and enter the “How Many Pennies Can You Save if You Go Cold Turkey?” drawing. You can become eligible to receive one of three \$25 dollar gift certificates donated by the commissaries.

On this day and every day, the Navy Health Clinic Hawaii’s Health Promotion Department challenges smokers to put down their cigarettes for one day. Why? Because quitting smoking for one day ... is one step closer to a smoke-free life.

- Within 20 minutes after quitting, blood pressure levels returns to normal.
- Within eight hours after quitting, carbon monoxide level returns to normal.



- Within three months after quitting, lung function increases up to 30 percent.

Learn more about the benefits of quitting for yourself and your family. The NHCH will help you make a plan to end the harmful effects of tobacco use and second-hand smoke.

For more information, or to register for Tobacco Cessation classes, call the Naval Health Clinic Health Promotion Department at 471-WELL (9355).

**1st Lt. Marvin Gates, assistance embarking officer, Marine Heavy Helicopter Squadron 363 holds onto his unit’s mascot after running a motivational run, Friday, aboard Marine Corps Base Hawaii, Kaneohe Bay, to celebrate the Corps’ birthday.**

## MOTO, From C-1

their run, the troops made their way back to the field from which they started. As they arrived at the field, Marines and Sailors began cool-down exercises, which included side-straddle hops and Marine Corps push-ups. Afterwards, Marines and Sailors gathered around the physical training podium to listen to a speech from Col. Michael E. Love, commanding officer, MAG-24. Love touched upon subjects that ranged from the Marine Corps birthday to current military operations in Iraq and Afghanistan. He then gave newly promoted Marines a chance to speak by bringing them up on the podium where they could give their version of a motivational speech. When the new Marines concluded their speeches, Love brought up a private first class, corporal, staff sergeant, and second lieutenant for the purpose of showing the troops that no matter what the rank, they were they were all Marines. To end his presentation, Love had the Marines he had brought forward join him in one final set of Marine Corps push-ups.


## SOFTBALL, From C-1

Deuces in the lead, CSSG headed for the dugout to try and rally during their last chance to bat. Brantley Altman, now the Deuces’ pitcher, started off the inning shaky and walked the first two batters. Duenoz didn’t pass up his opportunity to contribute to the rally, and brought in Cruz from second off of single. Next up to bat was Ray Bell who kept the inning and the game alive with a double that scored another run. Sauerbrie doubled off a blooper to right, which scored two runs, and with his team down one run and the tying run on second, Eric Simpson stepped up to the plate, and pounded a three-run shot deep to right field to end the game, 17–15, CSSG. “I was nervous, because I was only one for two for the game before coming up to bat,” said Simpson about what was going through his head before he stepped to the plate. “It was amazing. It was my first homerun ever in softball.” Catch more intramural winter softball action Monday through Wednesday each week at Annex and Riseley fields aboard Marine Corps Base Hawaii, Kaneohe Bay.



Pfc. Edward C. deBree

Help fight asthma.



AMERICAN LUNG ASSOCIATION  
The Global Asthma Network

It’s a matter of life and breath\*



Cancer Treatment Research Foundation

(888) 221-CTRF  
www.ctrf.org



Walter Payton Cancer Fund

www.payton34.org  
a CFC participant

Provided as a public service.



FOOTBALL, *From C-1*

After a failed bootleg by the Dirty Third, the kicker booted a field goal to put them on the board for the first time in the second half, 16–8.

The Outlaws answered back with a determined drive in the third quarter. Lunsford dumped a screen to Porter down the sideline picking up a first down. He then connected with a wide-open Chapman for a 50-yard touchdown bomb with three minutes left in the third, making the score 23–8, Outlaws.

The Dirty Third tried giving their offense a jump-start in the third quarter. After several quarterback keepers for short gains by their quarterback, Smith hit wide-receiver Rick Almeida in the end zone for a 20-yard touchdown. The Dirty Third successfully completed the two-point-conversion with another pass to Almeida to wrap-up the drive.

With the score now 23–14, Outlaws, CSSG took over again on offense. Lunsford completed another pass to wide receiver Raymond Bell on first and goal for another Outlaws’ touchdown with eight minutes left in the fourth quarter. Bell had five catches on the night. The score now 29–16, Outlaws.

After a failed series by the Dirty Third, Lunsford threw another touchdown pass to wide receiver Aaron “Sunshine” Durbin followed by a successful two-point conversion by Porter bringing the final score to 37–16, Outlaws.



Sgt. Joseph A. Lee

**Dirty Third receiver Rick Almeida stretches for a catch over the defender. Almeida had one touchdown reception and the following two-point conversion during the game.**

“We are the proverbial pick-up squad,” said Dirty Third coach Terry Choi, speaking of the team’s ever-changing roster due to deployments. “We are having fun, this is what this is for.”

# November is National Diabetes Awareness Month

**Lt. Cmdr. Douglas M. Monette**  
*Naval Health Clinic Hawaii*

Each year the President of the United States proclaims November as National Diabetes Awareness Month.

Over the past several years, the Centers for Disease Control and Prevention has reported a large and steadily growing number of Americans who are diagnosed with diabetes. In fact, 17 million people have diabetes and 1/3 do not know they have it.

Type 2 diabetes, which accounts for 90 to 95 percent of all cases of diabetes, can cause changes in vision and blindness. Early detection of diabetes is critical in maintaining healthy vision; a comprehensive eye examination is a factor in diabetes detection.

The American Optometric Association describes diabetes as a disease process that interferes with the body’s ability to use and store sugar and can cause many health problems. One type of diabetes, called diabetic retinopathy, can weaken and cause changes in the small blood vessels that nourish your eye’s retina, the delicate, light sensitive lining of the back of the eye. These blood vessels may begin to leak, swell or develop brush-like branches.

The early stages of diabetic retinopathy may cause blurred vision, or they may produce no visual symptoms at all. As the disease progresses, the person may notice a cloudiness of vision, blind spots or floaters.

If left untreated, diabetic retinopathy can cause blindness, which is one reason why it is important to have your eyes examined regularly by your eye-care specialist. This is especially true if you are a diabetic or if you have a family history of diabetes.

To detect diabetic retinopathy, your eye-care specialist will dilate your pupils and look inside your eyes with instruments that light and magnify the blood vessels in your eyes. If you have diabetic retinopathy, laser and other surgical treatments can be used to reduce its progression and decrease the risk of vision loss. Not everyone with diabetes will develop retinopathy, but it must be detected early, because once damage has occurred, the effects can be permanent.

If you are a diabetic, you can help prevent diabetic retinopathy by taking your prescribed medication as instructed, sticking to your diet, exercising regularly, controlling high blood pressure and avoiding alcohol and smoking.

Regular eye examinations are essential to maintaining eye health and can also contribute to overall health. Many health organizations recognize November as National Diabetes Awareness Month. If you or a family member have not received a dilated eye examination in the past year, you should contact your eye-care

specialist for an appointment.

Active duty military, family members and retirees can be seen at both the Makalapa and Kaneohe Bay clinics. For appointments, call the Makalapa clinic at 473-0247, or the Kaneohe Bay clinic at 257-2131.